

## Empowering Youth with Nutrition and Physical Activity—New from Team Nutrition

*Empowering Youth* is a manual for use in after school programs with 11-18 year olds. It contains information to enhance leader knowledge; hands-on activities that teach nutrition concepts; ideas to include nutrition education and physical activity into youth programs; resources to help youth develop a community project; tips, worksheet, handouts, discussion prompts and more. Order a copy or download in pdf from the Team Nutrition website at <http://teamnutrition.usda.gov/Resources/empoweringyouth.html>.

The purpose of the manual is to be a resource to help teachers and caregivers of adolescents become

positive role models. It provides a background of strategies to effectively communicate healthy nutrition and physical activity messages through simple day-to-day activities. Each chapter provides innovative, in-depth tools designed to teach youth how to make smart choices.

One key chapter focuses on a strategy to help youth form positive lifelong health habits by encouraging them to become health advocates. The chapter shows how youth can plan and implement a project relevant to their neighborhood, home, or school.



### Special points of interest:

- New activity /education guide for 11-18 year olds
- Mini-grants—new and past
- Fruit and vegetable promotions
- Integrated science for middle school
- Wellness policy publications

### What Are My Snack Options?

Please list the foods you find to snack on today. List the foods in the columns below.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

	Grains	Vegetables	Fruits	Milk	Meat and Beans	Snacks High in Fat or Sugar	"Combo Foods"
<b>At School Example</b>						chips, soda, candy bar	
In the cafeteria							
In the vending machine							
At the school store							
Other							
<b>At Home Example</b>	crackers	carrots, celery	apple, banana	lowfat milk, fat-free yogurt	peanuts	cookies	turkey sandwich
In the refrigerator							

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## Explore the World with Fruits and Vegetables

### Can you name these worldly fruits and vegetables?

You may not know some of these fruits and vegetables, but people around the world eat them every day. No need to travel far. Many are at your local grocery store. Give them a try.



The materials in this educational resource from the Centers for Disease Control and Produce for Better Health Foundation are targeted at schoolchildren ages 7-12.

The downloadable publication includes a Leaders Guide, tri-fold brochure for adults urging them to try new flavors with fruits and vegetables by adding spices and using different cooking techniques, interactive worksheets showing fruits and vegetables used in international cuisine, and adult and kid recipe cards with fruit and vegetable recipes from around the world. Download this resource at <http://www.fruitsandveggiesmatter.gov/publications/index.html>



Create a world of flavors in your kitchen

## SD Team Nutrition Mini-grants Announced

Mini-grants for schools, outside of school programs, childcare providers and summer feeding programs are available to promote nutrition and physical activity. Grant applications can be downloaded from the Team Nutrition website at <http://doe.sd.gov/oess/cans/nutrition/grants.asp>. Agencies applying for the grant must participate in the U. S. Department of Agriculture child nutrition programs such as school lunch, after school snack or child and adult food program. Schools must also be signed up for Team Nutrition. Applications must be postmarked by

December 20, 2007. The grant time period is from February to September 2008.

The **School Garden** grant is available for up to \$500 for gardening activities. Items that can be purchased include seeds, potting soil, starter pots, and some small tools.



Another \$500 grant is designed to be used for **Fun Fruit and Vegetable Events**. The funds may be used for Fun Fruit and Vegetable Days, plays, parties, musicals, concerts, outdoor events, a series of taste tests, or a Fruit and Vegetable Week.



The third option for mini-grant activities is to acquire the services of a **Registered Dietitian for Schools**. Up to \$2000 is available to hire a Registered Dietitian to help with menu planning, menu analysis, special diets, training for school staff, teaching parents, evaluating the school environment, recommending changes, social marketing campaigns, fun events, teaching students, and helping apply for the Healthier US School Challenge. Agencies applying for this grant must participate in the USDA School Lunch or Milk program.



## Watertown Boys & Girls Club Mini-grant Success



It is amazing the positive comments I hear about the mural from new Club members and parents while they are touring our facility. The vibrant art-work covers the everyday activities of eating right and exercising, plus our Club kids had the opportunity to spread this message in a fun and creative way. Jana Chandler, Program director.

The "Take Art to Heart" program held in May and June, 2007 at the Watertown Boys & Girls Club focused on both health and art. It also provided the twenty one 1st through 6th graders who participated with the opportunity to work on

a large scale project—a mural on the Club lunchroom wall. The colorful mural features healthy foods, MyPyramid, characters from the MyPyramid.gov website, and physical activity. Along with painting the mural children were taught about exercise, the food groups, and how to eat healthfully and healthful snacks were served.

An art professional led the design and painting of the mural. A nurse practitioner from Sanford Clinic in Watertown led the children in heart strengthening exercises at the wrap up party. Children received sand pails full of healthy treats—bottled water, raisins, sugar free gum, and granola bars.

In the follow up evaluation, children reported learning about the food groups and healthful eating habits and activities. They all would like to participate in a similar activity in the future. Staff reports an added pizzazz in the lunch room.

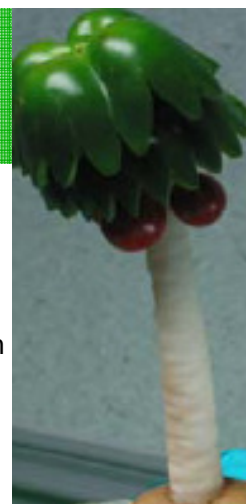
# Contratulations!

## Food Art from Eat Smart. Play Hard.™ Encourage them to play with their food!

**Bright Ideas...for using Eat Smart. Play Hard.™** is a series of handouts for all audiences to encourage fruit and vegetable consumption. Download at <http://www.fns.usda.gov/eatsmartplayhard/collection/main.html#BI>. The National Fruit & Vegetable Month issues says, "Use this 'hands on' activity to create head turning promotions of fruits and vegetables. Create individual pieces of art or combine them into an incredible display like the ones at <http://www.fns.usda.gov/eatsmartplayhard/Collection/Files/BrightIdeas/FoodArtPhotos.pdf>



"Corn-Dog"



These all-food displays are certain to get attention at back-to-school night, in waiting rooms, or lobby areas. Participants can work individually or divide into small groups. Have a selection of fruits and vegetables and let the creativity begin."



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## Integrated Science Curriculum on Energy Balance

### **The Science of Energy Balance:**

#### **Calorie Intake and Physical Activity—**

developed with the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)—is a creative, inquiry-based instruction program designed to promote active learning and stimulate student interest in medical topics. The authors incorporated real scientific data and actual case studies into classroom activities. Each curriculum supplement comes with a complete set of materials for both teachers and students—printed materials, extensive background and resource information, and a Web site with interactive activities.



The lessons for 7th and 8th graders are designed to be used over eight days and include *Burning It Up*, *A Serving by Any Other Name*, *A Delicate Balance*, *Munching Mice*, and *Dear Me*. The activities designed to enable students to gain a deeper understanding of the science behind the energy balance topic and of how it relates to human health can be accessed at

<http://science.education.nih.gov/supplements/nih4/Energy/default.htm>. Two overarching goals are associated with scientific literacy:

to experience the process of scientific inquiry and develop an enhanced understanding of the nature and methods of science; and to appreciate the role of science in society and the relationship between basic science and human health. The program is consistent the National Science Education Standards.

## Wellness Policy Fact Sheets and Rack Cards

Several topics have been identified as most frequently dealt with in working with wellness policies. A series of fact sheets and rack cards have been developed to communicate about these topics with administrators, boards, teachers, parents, and the community.



The fact sheets and rack cards (which are a shortened version of the fact sheet) were developed by the SD Department of Education Child & Adult Nutrition Services. Cards can be viewed, downloaded, or ordered in quantity by education agencies at

<http://doe.sd.gov/oess/cans/training/wellnesspolicy.asp>

Topics include *Getting Kids to Eat More Fruit and Vegetables*, *Healthy Fund Raising Ideas*, *Healthy Vending Snacks and Drinks*, *Nonfood Rewards in the Classroom*, *Physical Activities for Youth (Grades K-6)*, and *Why Have Recess Before Lunch?*